

September
2014

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Upcoming Events:

DCO 2014 Fall Conference
October 2 - 3, 2014
Four-Points by Sheraton Toronto Airport, 6257 Airport Road, Mississauga

Annual General Meeting
5 pm, October 2, 2014
Four-Points by Sheraton Toronto Airport, 6257 Airport Road, Mississauga

There is still time to register for the DCO Fall Conference!

[Click here to register with Eventbrite.](#)

Seasonal Affective Disorder: Let the Sun Shine In!

By Laura Donatelli
DCO Learning and Development Coordinator

As the days shorten and the nights cool, we start to miss that beautiful summer sun. Weather often affects people's moods. Sunlight breaking through clouds can lift our spirits, while a dull rainy day may make us feel a little gloomy.



While noticeable, these shifts in mood generally do not affect our ability to cope with daily life, but some people are vulnerable to a type of mood disorder that follows a seasonal pattern. For them, the shortening days of late autumn are the beginning of a type of mood disorder that can last until spring. This condition is called "Seasonal Affective Disorder," or SAD. [Read more.](#)

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Understanding Trauma

by Laura Donatelli
DCO Learning and Development Coordinator

Understanding Trauma, DCO Learning Forums' most recent post, is a dynamic online learning video that provides distress and crisis line workers with information about trauma and how it can affect an individual both during the event or situation and for a long time afterward.



It is estimated that one in four people have been affected by trauma and that one in 10 Canadians suffers from post-traumatic stress, according to the Canadian Mental Health Association. [Read more.](#)

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SOV Recognition
Dinner
6 pm, October 2 ,
2014
Four-Points by
Sheraton Toronto
Airport, 6257 Airport
Road, Mississauga

New content each
month!
learningforums.ca
Get a password
through your centre's
volunteer coordinator.

New Release:
September 2014:
Workplace
Harassment

Upcoming Release:
October 2014:
Identifying and
Supporting At-Risk
Youth

Learning Forums
Filming Session
October 15

2014 DCO Committee Meetings:

ONTX Collaborative
Meeting
September 24
October 8
October 16
October 22
October 27
November 6
November 12
November 20
November 26
December 4
December 10
December 17

Education Committee
September 25
October 23
November 27

How to Create Hacker-Proof Passwords

Many companies are questioning their IT Leaders on security concerns about Cloud Computing since the recent news of several celebrities using Apple's iCloud service found their personal data compromised.

Companies are wondering what kind of hacking techniques were involved but also whether any hosted data can ever be considered safe again such as Drop Box, Google Drive, etc. [Read more.](#)

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Supporting Persons with Autism

Originally published by the Accessibility Experts Ltd.

Edited by Leah Morrigan

Autism is a developmental disability and is the result of a neurological disorder that affects the functioning of the brain, and affects the typical development of the brain in the areas of social interaction and communication skills.

Recent Canadian studies into autism shows the prevalence rate of Autism Spectrum Disorder (ASD) is 1 in 94. In Ontario, there is an estimated 100,000 individuals with ASD. Though there is no standard "type" or "typical" person with autism, and there are different severities or categories of autism: Autistic Disorder, Asperger's Disorder, Pervasive development Disorder. [Read more.](#)

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Word Selection in Not-for-profit Communications Can Boost Response

By Herschell Gordon Lewis
Edited by Leah Morrigan

Though the communications formats we use for fund- development or communicating with our supporter base have changed, the words we use haven't necessarily changed. It is important to consider the language we use in our email and mail-based communications.



Hi, there! Do you start a communication with that type of breezy greeting? To deliver valid responses, any greeting other than "Yo" or "Ugh" might beat the ancient snorer "Dear Friend", the traditional greeting of not-for-profit communications. [Read more.](#)

Board of Directors
Meeting
October 2
(in person)
November 12
(teleconference)
January 14, 2015
(teleconference)
March 11, 2015
(in person)

Join Our Mailing List!

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What You Will Learn at the DCO Fall Conference

At this year's DCO Fall Conference on October 2 and 3, 2014, taking place at the Four Points by Sheraton Toronto Airport, 6257 Airport Road, Mississauga, Ontario, attendees can look forward to learning about improvements to human resource management, fund development, compensation, and in-service learning for all call specialists. [Read more.](#)



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Member Centre News & Upcoming Events

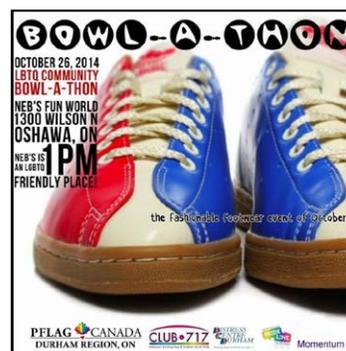
Distress Centres Ontario is pleased to offer our member centres a place to share their news and upcoming events. If your centre has news or would like to promote an event, please contact Jackie Grigsby at jgrigsby@dcontario.org or at 416-486-2242 x 362.



The London and District Distress Centre is proud to announce [DayBreak 2014: Tackling Mental Health Stigma in Sports](#) on October 10, 2014, with Keynote Speaker, Michael Landsberg, and a panel of experts who will share their experience around mental health concerns in the sporting community. If you are a parent, a coach, an athlete, or anyone who wants information on how to address this important topic, then this is event if for you! [Click here for tickets!](#)

Distress Centre Durham has teamed up with their LGBTQ community partners for a fund-raising Bowl-A-Thon on October 26 in support of Prideline Durham, PFLAG Durham Region, Pride Durham, and Momentum.

This fun event will highlight the cooperative and united group of service providers available to Durham Region's LGBTQ community. It's sure to be an afternoon of awareness raising and community building -- see you there!



For further information, please contact Nicole Bolotenko, Distress Centre Durham's Director of Programming at (905) 430-3511, extension 34.

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